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JUNE 2026

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ON THE COVER

A Wave and Hello from Esio!
by Ranger Sara Toms

JUNE **2026**

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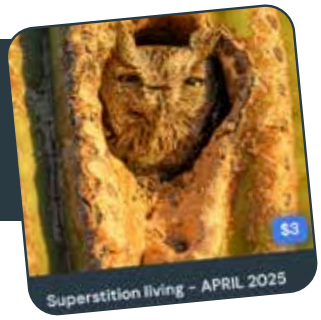

You can read them all online at issuu.com/SuperstitionLiving

This magazine is paid for by Local advertisers and is free to pick up from the Apache Junction Chamber of Commerce, and the Gold Canyon Visitor Center, as well as, other businesses around the area.

This Publication would not be here if it wasnt for the support of our Local Businesses, Thank you!

SUPERSTITIONLIVING

Celebrating the joy of living in the foothills of the majestic Superstition Mountains.

JUNE 2026 **VOL 10 - Nº 6**

Published monthly by
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Contact editor@mansurdesign.com for any questions.

Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400 words, and Calendar events to 100 words. You may submit Articles and Events to editor@mansurdesign.com or at the upload form on SuperstitionLiving.com

We are primarily interested in stories directly related to our circulation area. We will run these stories and photos based on space available each month. No guarantee of publication is made.

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All editorial, photo and advertising are due by the 10th of each month prior to the month of publication.

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A.D.O.B.E. NEWS

GLENNWALP
A.D.O.B.E PRESIDENT

Greetings to All ADOBE Members and Friends

"As for the wheels, their appearance and their structure were like beryl; and all four had the same likeness. Their appearance and structure were as if a wheel were within a wheel." — Ezekiel 1:16.

Is this ancient prophecy describing Unidentified Anomalous Phenomena (UAPs)?

At present, numerous developments around the world command our attention: economic uncertainty, rising gas prices, and ongoing conflict in Iran, among others. Yet there is another issue that, if proven true, would represent one of the most revolutionary and historic revelations in human history. Despite its potentially mind-altering implications, it has received relatively limited mainstream news coverage. That issue is the allegation that extraterrestrial beings, or perhaps entities from dimensions beyond our own, have visited Earth, traversing our atmosphere in highly advanced craft employing technologies far beyond our current understanding. It is further alleged that humanity has recovered some of these crashed craft and is actively attempting to reverse-engineer their anti-gravity propulsion systems.

This phenomenon, reportedly encountered by the United States and other major world powers, raises profound and unsettling questions. For example, there are claims that during the 1940s and 1950s, the United States and the Soviet Union reached a tacit understanding: if unexplained phenomena were to interfere with nuclear installations, both nations would first communicate with one another before making any catastrophic military decision.

There is also a report suggesting that attempts to disable such craft using a Hellfire missile have failed, with no apparent damage inflicted. In another widely discussed account, an unidentified object near the ocean's surface reportedly executed multiple instantaneous 90-degree turns at approximately 80 miles per hour, maneuvers that exceed the known capabilities of human engineering and physics as we presently understand them.

Numerous theories seek to explain these phenomena. Some suggest these beings originate from distant regions of our vast universe; others propose they travel through wormholes or exist in parallel dimensions. Some believe they are benevolent observers seeking to prevent humanity from self-destruction; others fear hostile intentions involving conquest, resource acquisition, or genetic interaction with humankind. Still others interpret these events through a spiritual lens, viewing them as manifestations of demonic or satanic forces. The range of speculation is vast, far too extensive to fully examine here.

What is perhaps most troubling is the assertion that the United States government has investigated these incidents since the 1940s, accumulating extensive records while withholding critical information from the public. Recently, however, mounting congressional and public pressure has reportedly prompted the President of the United States to authorize the release of selected records through the Presidential Unsealing and Reporting System for UAP Encounters (PURSE).

If these UAP-related activities are genuine, I postulate that their eventual full disclosure would bring about profound and unprecedented changes to our world. And what, you may ask, does this have to do with creating a better environment in Gold Canyon?

Perhaps nothing. Then again, perhaps everything.

Glenn A. Walp, PhD • **ADOBE** – "*The Voice and Heart of Gold Canyon since 1989*"
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10793 E Sleepy Hollow $850,000
2258sf, 4br, 3ba, Deep 3.5cGar + Pool & Spa! Updated & Furnished + Resort Style Backyard & Mtn Views!

3660 S Golden Eye Ln $785,000
3351sf, 4br, 3.5ba, 3cGar + Den, New Walk-in Shower & Appl, Fireplace, Turf, BBQ, Comm Pool, Spa & HikingTrails!

5175 S Kings Ranch Rd $750,000
2506sf, 4br, 2ba, 3cGar + Mtn Views! High Ceilings, Open Floor Plan, Split BR, Private Gate, RV PARKING +++

12381 E Ballentine Rd $639,000
2459sf, 4br, 3ba, 2cGar + Next Gen CASITA Smart Home! Gorgeous Granite, Hot Tub, Turf & Much More!

6358 S Vista Point Cir $615,000
1887sf, 3br, 2ba, 2cGar + Huge Resort Backyard, Fabulous Htd Pool, & Rare Custom Ramada ! Must See!

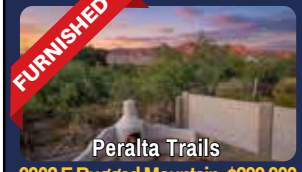
7643 E Menodora Cir $582,000
2214sf, 3br, 2ba, 2cGar + New Roof & HVAC, Fabulous Outdoor Space Huge Paver Patio with FP & BBQ +++

4237 S Pony Rider Trl $579,900
2282sf, 3br, Den, 2ba, 2cGar + Htd POOL! & Spa, Turn Key, Corner Lot, Stunning Mountain Views & More!

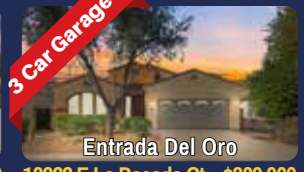
5372 S Red Yucca Ln $460,000
1613sf, 3br, Den, 3ba, 2cGar + Casita! New HVAC, Fantastic Location, Desert & Mountain Views & More! Call Today!

4957 S Louie Lamour $459,900
1686sf, 3br, 2ba, 2cGar + Sep Den, NEW: Roof, Paint inside & out plus Stunning Mountain Views & More!

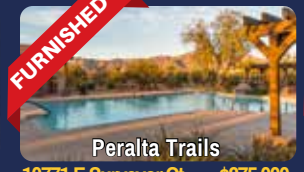
11606 E Chevelon Trl $445,000
1912sf, 4br, 2ba, 2cGar + Mountain Views! Energy Efficient Smart Home on a Premium Lot & Furnished too!



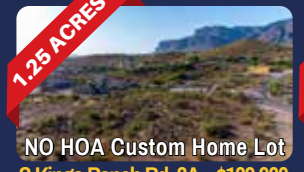
9962 E Rugged Mountain $399,900
1206sf, 2br, 2ba, 2cGar & Updated! Shows like a MODEL Great Location Mountain Views & Steps to POOL!



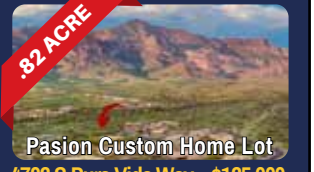
18222 E La Posada Ct $389,900
2070sf, 3br, 2ba, 3cGar + Like New Vacation Home, Many Upgrades, Great Buy @ $188 sq ft ! Call Today!



10771 E Surveyor Ct $375,000
1368sf, 3br, 2ba, 2cGar + Amenities Pool & Fitness / Rec Center + Turn Key, New Ext Paint, Extended Patio +



S Kings Ranch Rd, 3A $189,900
Mountain View Lot located in the Heart of Gold Canyon, NO HOA & Near GC Resort & Spa & Hiking too!



4782 S Pura Vida Way $125,000
Custom Home Lot, Desert & Mountain Views in Gated Upscale Community & PRICED TO SELL! Call Today!

SOLD / CLOSED in May 2026

5/6/26	18115 E **Via Jardin,** Our Seller ~ **Sold at 98% of List Price!** $415k
5/8/26	6334 S **Vista Point Circle**, Our Seller ~ **Sold at 98% of List Price!** $579k
5/7/26	12438 E **Parsons Peak** ~ **Negotiated $10k off List Price for our Buyer!** $600k
5/8/26	6405 S **Kiva Circle,** Our Seller ~ **Sold Over List Price!** $552k
5/13/26	7764 S **Agassiz Peak Court,** Our Seller ~ **Sold in 0 Days!** $438k
5/13/26	6746 E **Las Animas Trail,** Our Seller ~ **Sold in 8 Days!** $535k
5/15/26	10581 E **Valley View Lot B & C,** Our Seller ~ **Sold in 0 Days! / Cash!** $160k
5/15/26	10581 E **Valley View Lot B & C**, Our Buyer ~ **Sold in 0 Days! / Cash!** $160k
5/15/26	10581 E **Valley View Dr A & D,** Our Seller ~ **Sold in 2 Days! / Cash!** $480k
5/15/26	10581 E **Valley View Dr A & D,** Our Buyer ~ **Sold in 2 Days! / Cash!** $480k
5/15/26	8054 E **Birdie Ln,** Our Seller ~ **Cash Sale!** $468k
6/5/26	4327 S **Las Villa Way,** Our Seller ~ **Sold in 0 Days!** $675k
6/5/26	4327 S **Las Villa Way**, Our Buyer~ **Sold in 0 Days!** $675k

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6.26

Letter FROM THE EDITOR

Dear Readers

I have been thinking that this may be the last year that I will be producing the SuperstitionLiving Magazine. It has been quite the run over the years, and regretfully the times are changing quicker than what I can keep up with.

SuperstitionLiving started back in the late 90's with Ray's Printing down on Ironwood dr, and then it changed hands to be the A.D.O.B.E. Ledger, in the 2000's but Ray's still designed and printed it during that time. Then back in 2016, a little after I started working at Ray's, it was given back to Ray from A.D.O.B.E. to continue on again as SuperstitionLiving.

It got a fresh new design, a new layout, and I've helped publish it since then. When Ray's Printing closed its doors, I took it over to keep it going and grow it more under my own business in 2020.

For the past 6 years I've watched SuperstitionLiving grow, the community that it covers grow, and with that I hope that maybe it can continue on in someone else's hands. Otherwise, I am not sure what the future holds for this magazine. Nearly 30 years for a single community driven publication to keep going on is a feat and I am happy that I got to be a part of that.

With that said I am so thankful for the support and to everyone who has ever picked up this magazine, cherished it, sent copies to their relatives and friends. To those who have used this as their go to for a reputable businesses directory, and to those who used it as a good source of knowledge for what's happening around town.

Thank you!
Jessie Mansur, MansurDesignCo.

LOCALEVENTS

COMMUNITY CALENDAR

Submissions are due 10th of the month prior
editor@mansurdesign.com

Thursday, June 4th, from 6-8pm — Paints & Pints! AJ Parks and Rec is teaming up with Cat Wagon Tap and Bottle for Paints & Pints! Each month will have a different theme for its painting, so no two months are the same! Paints & Pints will begin at 6pm, and it should take about two hours to finish. Registration is $40 and open to anyone 16 years or older. Registration covers all painting supplies and a free drink (pint, wine, soda)! Paints & Pints will be held at Cat Wagon Tap and Bottle, located at 2430 W. Apache Trail #4 in Apache Junction. *Space is limited, so make sure to register online at https://www.apachejunctionaz.gov/111/Parks-Recreation* — ***Next event is Thursday, July 9th!***

Sat, Jun 6th, at 2:00 pm - PAINT NITE at Ginza Sushi | Join Coach Kristin for a fun night of painting "Luminous Wild Desert" where the stars come to life on your canvas. This event is perfect for everyone, whether you're a beginner or have some experience. The best part? All painting supplies are included, and it's a fantastic social experience. Gather your friends for a night of creativity and laughter at this Gold Canyon paint night. *REGISTRATION IS REQUIRED BEFORE THE EVENT.* $45 per person & supplies are included—register online at https://www.paintnite.com/events/event-10365349

Saturdays in June(6, 13, 20 & 27) from 6:30pm-10pm - Game Night @ Dirtwater Springs! | Game nights are back! Starting May 30th, we will be playing board, card and even video games on Saturday nights. Come join us as we "drink" and "gamble" at the RedDragoninn, try to interpret "ghost" visions in Mysterium, battle for land in Small World, and maybe even jump on some mushrooms as Mario and Luigi (provided we can get the new TV installed and working in time) Drink specials? Probably! Questions? Call (480) 983-3478! We are located at 586 W Apache Trl, Apache Junction - we would love to see you there!

CONTINUED ON PAGE 7

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at www.btarboretum.org/event or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

Saturday June 13th from 7:30pm- 9pm Aj Parks & Rec Presents DIVE in move - The Good Dinosaur | Join us for an evening at Superstition Shadows Aquatic Center and enjoy a Dive In Movie! this months movie is "The Good Dinosaur"! Bring your beach blanket or lawn chair! Movies are presented by SRP and start at 7:30pm. Entry fee is $3 per person at the gate. No pre-registration. All children age 7 and under must be within arms reach of an adult at all times. All flotation devices must be coast guard approved and no glass will be allowed. *For more information on this program or other programs and services, please contact the Parks and Recreation Department at 480-983-2181 or visit our website at apachejunctionaz.gov/parks.*

Saturday, July 4th from 6pm - 9pm - 4th of July Celebration | Join the City of Apache Junction Parks & Recreation for our upcoming Fourth of July and America 250 Celebration! We will be kicking off events at the 4th of July Volleyball Tournament held at Superstition Shadows Aquatic Center. *Registration for the free tournament begins at 7:15am. Space is limited to the first 8 teams (up to 10 players per team) to register.* The tournament begins at 8am. Superstition Shadows Aquatic Center will be open for swimming from 9am-3pm on the 4th of July, with FREE admission, sponsored by Aaron McDermid State Farm!

The evening portion of the event will be at Superstition Shadows Park, located at 1091 W. Southern Ave. The gates will open at 6:00pm. Event activities include vendor booths, field and water games, inflatables, free watermelon sponsored by Apache Junction Little League, and more! Local band Outside The Line will be providing live music from 6:30-8:30pm and we will kick off the fireworks show at 8:30pm, weather permitting! This is a free event and open to the public, with food and beverage available for purchase from local vendors. **Parking is limited, so please come early!** There will be traffic restrictions at the conclusion of the event, please plan for 20-30 minute delays. *The 4th of July festivities are all located on School Property and no consumer fireworks, alcohol, smoking or weapons will be allowed at the event or adjacent parking/viewing areas (bags and coolers brought in to the facility will be checked).*

For more information on this program or other programs and services, please contact the Parks and Recreation Department at 480-474-5240 or visit our website at www.apachejunctionaz.gov/parks.

JUNE EVENTS AT AJ PUBLIC LIBRARY

1177 N Idaho Rd, Apache Junction, http://www.ajpl.org/

AZ@Work Job Search Help - Now with more days and times! | AZ@Work will be at the library to support patrons with their job search. From resumes to applications to cover letters. **Monday, June 1, 8, 15, 22, 29, 11 a.m. – 1 p.m. Tuesday, June 2, 9, 14, 23, 30, 10 a.m.-noon.**

Monday, June, 1, 15, 4 - 6 p.m.—Maker Mondays | Adults are welcome to join us for fun, simple crafts. Relax your mind and free your creativity to begin the week. All supplies provided; no registration required.

CONTINUED ON PAGE 9

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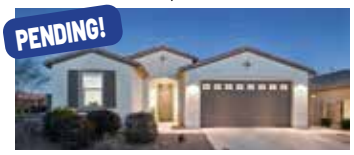
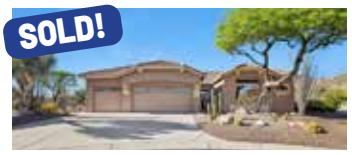
6123 S VISTA POINT DR, GATED VISTA POINT

7311 E CANYON WREN DR, MOUNTAINBROOK VILLAGE

6740 S FAIRWAY DR, MOUNTAINBROOK VILLAGE



7227 S SANDAL RD, PERALTA CANYON



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10109 E TRAILHEAD COURT, PERALTA TRAILS

12047 E SERENO ROAD, PERALTA CANYON

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9:30am Traditional
11am Praise
4pm Gospel

SUNDAY SCHOOL
9:30am Children
11am Children & Youth
12pm Youth Fellowship

SUPPORT GROUPS
AA Thursdays 7pm, Fridays 5:30pm
Cancer Call for schedule
CareGivers Fridays 11am
GriefShare Call for schedule

480.982.3776 • www.GoldCanyonUMC.org • Childcare at morning services

Wednesday, June, 3, 9:30 a.m. – 5:30 p.m. — Jurassic Movie Marathon | Welcome to Jurassic Park! Head through the gates with us during this Jurassic movie marathon for teens 13+ and Adults. If parents want to bring younger kids, you must stay with them as these moves are all rated PG-13. We'll have popcorn and water, feel free to bring your favorite movie snacks! 9:30 am- Jurassic Park | 11:30 am- Jurassic Park III | 1:00 pm - Jurassic World | 3:00 pm - Jurassic World: Dominion

Wednesday, June 3, 4-5 p.m. — Cricut Drop-In | Stop by to learn about the Library's Cricut machine, talk about your ideas, or get help with any issues. Drop in anytime between 3-5 on the first Wednesday of every month.

Thursday, June 4, 5-7 p.m. — Fantasy Bookends | Join us to craft a your own set of bookends using fantasy elements like toadstools, moss, dragonflies, and more. Create your own doors to a bookish fantasy world! All supplies provided by the Friends of Apache Junction Public Library.

Monday, June 8, 22, 4:30 – 7:30 p.m. — Chess Club | Puzzles, Lessons, and Open Play for all ages and skill levels, with a member of US Team Chess League!

Monday, June 8, 5 - 7 p.m. — Natural Products For PMS | Join us to make natural products to help with PMS and menstrual symptoms. Teens & adults welcome.

Wednesday, May 10, 10 a.m. — America Waves | Join together as a community to create a celebratory sea of red, white, and blue! Meet at the Complex Park by the Library or wave from home and tag us on social media! Pick up your flag from the Library beginning May 26. *(1 per person, while supplies last)*

Wednesday, May 10, 4 p.m. — Seed Up Meet Up | Help us fill our seed packets for the seed library, hear from Superstition Master Gardeners, ask questions about your home garden, & learn about Earth Heart Park and Community Garden! *Topic: Growing Melons and Pumpkins!*

Thursday, June 11, 5-7 p.m. — Murder Mystery: 80s Mall Murder Madness | It's 1986 and everyone is hanging out at the mall. Bring on the neon colors, bright lights, Members Only jackets, arcades & more! It's all rad until the owner of the mall is found dead in the tacky fountain in the center of it all. Everyone is a suspect, even you!

Register to take on the role of one of the murder suspects! You'll get information about your character and a script to follow.

Don't want a role? No need to register, just come watch and try to deduce the criminal yourself! Feel free to come in your best 80s attire! We will have awards and prizes!

Monday, June 15, 5:30 p.m. — Let's Talk: Declaration of Indepence | Family program to explore and discuss the Declaration of Independence and how it changed the world. Discussion lead by Shane Krauser, well-known local author, speaker and expert on the Declaration and the Constitution.

Tuesday, June 16, 1:30-2:30 p.m. | Dying For A Mystery Book Club– Overboard *by Sara Paretsky*

Thursday, June 18, 5 p.m. — Family Game Night | All ages are welcome to come play all kinds of Exploding Kittens games! Whack each other with foam swords, toss burritos, build gross burritos, and much more. No registration required. Thanks to Exploding Kittens for their generous donation of games to play!

Thursday, June 18, 6:30 p.m. — Books & Brews | Join us at the Handlebar Pub & Grill in Apache Junction. Bring a book that fits the monthly genre or any you've enjoyed lately. Delight in discussion and libations on the pub's patio, plus 10% off your bill! *Genre: Books About Animals*

Friday, June 19, 10 a.m. — Breathe Again: Learning to Live After Loss | Are you grieving a loss? Would you like a safe place to discuss your grief? A chance to meet new people and be with others who understand? Join us for a monthly bereavement group hosted by Barbara King, R.N., Executive Director of Supportive Hands Hospice. Free and open to adults.

Saturday, June 20, 10 a.m. — Healing Circle | What is a Healing Circle? A group of people who join together to learn tools to activate their healing capabilities. Our body, mind, and Spirit are designed to heal. We learn how to tap into that healing ability that is already within us. We will learn and practice tools to turn on our internal healing processes. We will shift our energy, awareness, and alignment to bring our body into balance and harmony.

Saturday, June 20, 11 a.m. – 12 p.m. — Biblio Bites Demo – *Snackle Box* | Pack your snacks! Get ready for your next adventure by assembling a personalized snackle box with your favorite treats! All ages will learn how to turn a simple tackle box into the ultimate portable snack kit for road trips, picnics, or movies. No booking required!

All supplies provided. 1 tackle box per family. First come first served and limited to the first 30 families.

Saturday, June 20, 1 – 3 p.m. — Stuffy 911 | Is your stuffed animal in need of some tender loving care? Bring them to the library and join us for interactive doctor play and crafts as our sewing club stitches them back to life!

Tuesday, June 23, 5 – 7 p.m. — Adventure Escape Room | Gather your team and join the adventure! Can you and your team figure out the clues and escape? Teams of 3 or 4. If you have less, we will team you up! For Teens 13+ and Adults! Prizes too!

Friday, June 25, 5:30 p.m. — B.U.S. Pass Orientation | Have you ever wondered how to use a 3D Printer, Cricut, or Poster Printer? Learn Basic Use and Safety (B.U.S.) of all the devices in our Makerspace and become certified to use all stations without supervision. Booking required and limited to 10 participants. For Ages 13+. *The B.U.S. pass will require you to have an Apache Junction Public Library Card.*

Monday, June 29, 5 – 6:30 p.m. — Celebrate America250 | It's time to celebrate America's Semi quincentennial! The 250th anniversary of the signing of the Declaration of Independence! All Ages! Activities and crafts! Photo-ops! Living Museum Experience! National Treasure Scavenger Hunt!

Thursday, June 25, 5:30 p.m. — Dungeons & Dragons | Players new and experienced can come play this fun 1 shot game!

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CHANGE YOUR LIFE BY SHOWING UP

"Sometimes the bravest and most important thing you can do is just show up." - Brené Brown

Those words are simple, but they hold a powerful truth.

We often believe change happens when we make a dramatic decision, create the perfect plan, or finally feel motivated enough to overhaul our lives. But in reality, meaningful change rarely happens all at once. It happens quietly, in the small moments when we choose to show up.

You show up when you take a walk, even when the couch feels more appealing. You show up when you have a conversation that matters. You show up for your family by listening, for your work by continuing to learn, and for your friends by being present. Most importantly, you show up for yourself.

Showing up does not mean doing everything perfectly. It does not require endless energy, ideal circumstances, or a flawless routine. It simply means making a consistent choice to be present for what matters most. It means trusting that even the smallest positive action can move you forward.

Showing up is an act of caring for yourself and following through on the promises you make to your own well-being. Both are gifts you deserve. Each time you choose to show up, you build self-respect, strengthen self-love, and move closer to the life you truly want. It is through these intentional daily choices that meaningful change begins.

Some days, showing up looks like attending a fitness class, taking a walk, stretching for a few minutes, or preparing a nourishing meal. Other days, it may mean drinking more water, going to bed earlier, asking for help, or giving yourself permission to rest. The action may change, but the intention remains the same: you are choosing to care of yourself.

One of the biggest misconceptions about success is that it requires giant leaps. In truth, lasting change is built through small, repeated actions. A few minutes of movement. One healthy meal. An earlier bedtime. A commitment to keep going. These choices may seem insignificant in the moment, but over time they create strength, resilience, confidence, and momentum.

Showing up for yourself is one of the greatest acts of self-respect. It means honoring your physical, mental, emotional, and social well-being. It means recognizing that your needs matter. When you consistently care for yourself, you create the foundation for a healthier, stronger, and more fulfilling life.

Growth rarely happens inside your comfort zone. The life you want often begins when you are willing to take one small step into the unknown. Showing up means trusting yourself enough to begin, even when the path is uncertain. It means understanding that progress is not about perfection, it is about persistence.

However, showing up is not always about doing more. Sometimes it means slowing down. Sometimes it means asking for support. Sometimes it means starting over after a difficult season. Every positive choice counts.

When you consistently show up for yourself, you build more than healthy habits. You build self-trust. You strengthen your body. You calm your mind. You gain confidence and create a life that feels more intentional and balanced. Over time, these small acts of commitment can lead to greater strength, better balance, improved mobility, and a deeper sense of peace.

As we move into June, I encourage you to try this concept of just showing up. Choose one new simple habit to practice each day. Take a short walk. Stretch for five minutes. Sign up for a class you have been thinking about trying. Go to bed a little earlier. Or pause and ask yourself, "What do I need today?" Then honor the answer.

Time will pass whether you are intentional or not. Why not use it to become the healthiest, strongest, and most authentic version of yourself?

Life changes when you keep showing up - one small step, one intentional choice, and one day at a time.

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CACTUS TOAST

Sun scald is a phenomenon that can affect cacti and other plants, particularly in the Sonoran Desert and intense sunlight of what appears to be the 'new' normal of our warming planet.

Cacti have several strategies to protect themselves from damaging solar radiation. Their "skin" is protected by a thick, waxy coating that helps preserve moisture and prevent sun damage. Thorns provide shading and cooling. Cacti can also "harden" their south side, which takes the worst beating from sunlight. Nurseries mark the south side of their cacti so you can plant them with that same orientation.

Sun scald on most plants looks similar. The agave pictured is just starting to burn. The skin or bark starts to take on a lighter pigment, going from green to yellow to brown. You do not want to get to brown, by that point the plant is most likely will not survive. The barrel cactus pictured bypassed 'brown' and went straight to death.

Preventing sun scalding on plants is simple:

- Pick the right plant to suit your space! Utilize existing afternoon shade wherever possible.
- Orient succulents and cacti when planting to their original position.

Nowadays, unless you know the new plant was grown in full sun, cover them with shade cloth that provides at least thirty percent shade for the next few summers.

Plants that have been in the ground for years with no apparent issue can still sunburn. Something may have changed in the landscape causing more exposer to the sun than before or maybe climate change has overcome a particular species' ability to adapt. The Golden barrels seem to be in the latter group.

Watering during intense heat is a challenge and more is not necessarily the answer. Many cacti and succulents 'shut' down when nighttime temperatures stay above ninety degrees Fahrenheit and should not have more water during these high heat episodes.

The summer of 2023 was the start of a string of record-breaking, hot, and dry summers. With each summer since, new records have been set. In 2026 we have already set the following records:

- March 18th, earliest 100 degree day.
- March was the hottest March on record.
- Warmest winter since 1900.
- Northern Arizona; one of the warmest and driest winters on record, providing an atypical lack of snowpack.

If this trend continues, we humans will need more than thirty percent sun shade.

Forever Friends

By Marcia Nelson

This friend is…
a guiding light.
A comfort in sorrow,
a hand held tight.

They may live close by
or miles away,
but when you hear from them
it just makes your day!

If the news is good
there's joy to share,
or a tear often falls
because they care.

A friend just knows
when you need a lift.
They can bring laughter and fun.
What an amazing gift!

A friend is a mirror,
a trusted reflection,
an honest view,
a true connection.

So, if you have a good friend
treasure their part
In your life's journey
and in your heart!

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A RETURN TO DIVINE INSIGHT

This is the fourth and final in my series of articles on Children of the Chakras: A Return to Self-Love. Today we'll consider the sixth (Brow) and seventh (Crown) chakras.

Have you ever found yourself saying, "I should have gone with my gut instincts on that"? Or have you ever had a great idea that just seemed to come out of nowhere? When your sixth chakra is open and the energy is flowing, you're connected to a source of knowledge and wisdom that's well beyond what you think you know.

The sixth chakra is also called the "brow" or "3rd eye" chakra. The spiritual truth associated with the sixth chakra is, "I am divine wisdom and knowledge." This chakra houses the intellect, imagination, intuition, inspiration, insight, and visualization.

The location of the 6th chakra is between the eyebrows. Corresponding physical body parts include the brain and the sense organs – the eyes, ears, and nose. It also encompasses the nervous system, including the pituitary and pineal glands. Possible associated physical conditions can include visual and learning impairments, brain tumors, strokes, seizures, and headaches.

When our 6th chakra is open, we have mental clarity and trust our intuition. We may have flashes of insight – such as pictures or even little videos playing in our minds – that help us better understand situations. When we have a closed 6th chakra, we feel disconnected from our intuition. We question our decisions and can't trust our internal guidance. We feel lost when it comes to our soul's purpose. Instead of having a positive outlook, we imagine that things won't work out in the future.

Self Care:

The color that supports our 6th chakra is indigo blue. Wearing this color reminds me to trust in my divine intuition and inspiration. Essential oils you can use to help balance the 6th chakra are tulsi, frankincense, and myrrh. Try incorporating these into your meditation time to nurture your senses. Light a candle and watch the dancing flame to nurture your sense of sight.

Powerful affirmations we can use to support the flow of energy in the 6th chakra are: "I trust in my divine intuition. I see myself and others through my divine eyes of love. Whatever I need at any given moment is revealed to me intuitively."

The Seventh Chakra

Do you sometimes feel disconnected from the Divine Source? Do you feel anxious, like your nervous system is running on "high" all the time? When you try to relax or meditate does it seem impossible to quiet your "monkey mind"? Let's explore how these can be related to the 7th chakra!

The seventh chakra is also called the Crown chakra. The spiritual truth associated with the seventh chakra is, "I am an extension of the Divine."

Located at the top of the head, its corresponding body parts include the spinal cord, nervous system, and pineal gland. Possible associated physical conditions can include an overactive nervous system and anxiety. The pineal gland regulates some of the hormones in the body, including melatonin. Melatonin plays a role in regulating sleep patterns, so a closed crown chakra can result in sleep difficulties.

If we have an open seventh chakra we feel connected to a higher power and we feel divinely supported. We also feel "present moment awareness." This is also called "mindfulness." It's setting aside all thoughts of future or past and fully experiencing whatever we're doing in the moment.

When we have a balanced seventh chakra, we rise above the mundane in life. A simple flower or a sunset becomes the reflection of our connection to God's presence in the world. We feel unconditional love and gratitude.

Self Care

The color that supports us to balance our 7th chakra is violet. Wearing this color reminds us that we are never alone, but part of something bigger than ourselves.

Practice meditation to quiet the mind. Listen to the inner voice that speaks to you. Be in the present moment. Listen to music that calms the "monkey mind." I like to listen to crystal singing bowls to help keep my chakras in tune. Visit a sacred place and absorb the divine energy there. Some good positive affirmations you can use are, "I am one with the Divine. I trust my divine self."

This concludes my series of articles on the chakras and how they relate to both our physical and mental wellbeing. This has been an introduction to some of the basic concepts of working with the chakras and energy medicine, and if it has piqued your interest, of course there's much more to be explored!

FUN FROZEN DOG TREATS

(Culinary.net) After a long day at work or an eventful weekend, don't just treat yourself to a delicious dessert – make sure you're treating your pets, too. Its nearly summer now and what better way to help your dog cool down and relax with these homemade dog treats. They are easy to make with organic ingredients so you can show your pets some love while feeling confident that you aren't putting their health in jeopardy.

Gather just a few ingredients and cute dog-shaped ice molds (like paws or bones) to give Fido the attention he deserves. The best part: these treats keep well in the freezer, meaning you can make a bigger batch to stay stocked up on your furry friends' new favorite treat.

Find more ways to take care of your pets at Culinary.net or eLivingtoday.com.

PEANUT BUTTER BANANA PAW-SICLES

- 1/2 cup plain Greek yogurt
- 2 tablespoons organic peanut butter -- (no salt added, no xylitol)
- 1 medium ripe banana

In blender, blend Greek yogurt, peanut butter and banana until smooth. Place silicone molds on baking tray to prevent spills. Fill molds with blended mixture and freeze 3 hours, or until firm.

Store in freezer-safe container or zip-top bags.

BERRY GOOD DOG BONES

- 10 fresh strawberries
- 1/2 cup plain Greek yogurt
- 2 tablespoons raw honey

Remove stems from strawberries and slice in half. In blender, blend strawberries, Greek yogurt and honey until smooth.

Place silicone molds on baking tray to prevent spills. Fill molds with blended mixture and freeze 3 hours, or until firm.

Store in freezer-safe container or zip-top bags.

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FOUR REASONS A 529 PLAN MIGHT MAKE SENSE FOR YOUR FAMILY

Key takeaways

Despite their tax advantages, just 14% of adults include a 529 plan in their education savings strategy, according to a 2025 Edward Jones and Morning Consult study.

529 funds cover college, vocational programs, registered apprenticeships and can be used towards K-12 education.

In addition to tuition, 529 funds can pay for students' day-to-day needs like internet, computers, qualified room and board, and certain K-12 tutoring costs.

A 529 education savings plan might sound like something only families with college-bound kids need. But the versatility of a 529 account may surprise you, whether your child heads to a four-year university, a trade school or elsewhere.

1. What are the tax benefits of a 529 education savings plan?

Earnings in a 529 plan grow free from federal taxes, and withdrawals used for qualified education expenses are also federally tax-free. While 529 contributions are not federally deductible, many states allow a deduction on your state return.

Despite their tax advantages, just 14% of adults include a 529 plan in their education savings strategy, according to a 2025 Edward Jones and Morning Consult study. Instead, most families rely on traditional personal savings accounts.

2. Can a 529 be used if my child doesn't attend a traditional college?

Beyond four-year colleges, you can use 529 funds for community colleges, graduate schools and vocational programs. Apprenticeships in fields like plumbing, electrical work and welding qualify too, provided they are registered with the U.S. Department of Labor.

If your child earns a scholarship, you can withdraw up to that amount from your 529 account without penalty, though earnings may still be taxable.

3. What does a 529 plan cover beyond tuition?

Qualified costs for 529 plan withdrawals include books, supplies, computers, internet access and educational software. For students enrolled at least half time, room and board also qualify, including off-campus housing up to what the school sets as its cost of attendance.

Recent changes in the law expanded 529 plan qualified expenses. Some new eligible expenses include certain testing fees, instructional materials, academic tutoring, and educational therapies for students with disabilities.

For K-12, you can use up to $20,000 from your 529 account per year for tuition, certain tutoring and curriculum materials.

4. What if I don't use all the money in my 529 account?

If one child doesn't need the 529 funds, you can transfer that account to a sibling, another qualifying family member or even yourself. You can also use 529 funds to pay up to $10,000 in student loans, roll them into a Roth IRA for the beneficiary up to $35,000 (subject to certain limits and criteria) or roll them into a disability savings account (ABLE account) for the beneficiary or a family member.

With so many options for investing, withdrawals and redirecting the money, a 529 plan is one of the more flexible tools available for families thinking about education costs. A financial advisor can walk you through the details and help you choose a plan that fits your overall financial strategy.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. — Edward Jones, Member SIPC.

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City of Apache Junction Honored for Work on Athletic Fields

Pioneer® Athletics proudly announces that City of Apache Junction has been selected as a WINNER of the *2025 Fields of Excellence® Award.*

As a winner, City of Apache Junction will receive a certificate of recognition and a *Fields of Excellence* banner that they can proudly display at their winning field. Pioneer may also use the picture of City of Apache Junction's winning field in their upcoming publications and annual calendar.

Pioneer understands that excellence in athletic field maintenance goes unrecognized and often, unappreciated. The *Fields of Excellence Award Program* honors outstanding athletic fields and the hardworking field crews who diligently maintain them. The *Fields of Excellence Award Program* was established in 1997 and has honored over 1196 athletic fields from around the country since its creation.

Colleges, universities, high schools and parks & recreation departments from all over the United States submitted photographs, letters of recommendation and application forms describing their institutions detailed athletic field maintenance program. A rigorous judging process yielded 94 winners from a large pool of applicants, with two athletic fields randomly selected as Scholarship Winner's.

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NATIONAL FREE FISHING DAY: JUNE 6TH

A great time to introduce a novice or youngster to fishing

Many anglers have friends who have never been fishing but are curious to learn. One of the best ways to introduce them to this long-standing pastime is to take them out on Arizona's Free Fishing Day.

This year, June 6 is the perfect time to do it, as the Arizona Game and Fish Department will not require fishing licenses at any state waters or community lakes as part of National Free Fishing Day.

"The goal of Free Fishing Day is to encourage people to enjoy the outdoors, spend quality time with friends and family, and experience the fun of fishing," says Chase Newlon, AZGFD R3 fishing coordinator. "Many people who experience fishing for the first time enjoy it so much that they buy a license so they can continue enjoying it all year."

Fishing is already a bargain. Arizona fishing licenses start at just $37 for resident adults (18 and older) and $55 for nonresident adults. A combination hunt and fish license for youths (ages 10-17, residents or nonresidents) is only $5.

While a fishing license is not needed on June 6, bag limits and other Arizona fishing regulations still apply and must be observed on Free Fishing Day. Children under 10 can fish for free all year in Arizona.

For information about fishing and license regulations and places to go, visit www.azgfd.gov.

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Arizona State Parks and Trails Offers Heat Safety Tips for Outdoor Recreation

Warmer weather means extra outdoor precautions for everyone hoping to enjoy outdoor recreation in the Grand Canyon State. Use these tips from Arizona State Parks and Trails to prepare before heading out for your next adventure.

No matter if you've lived in Arizona your whole life or are just visiting during summer break, understanding how to recreate safely means your visit to the parks will be memorable for all the right reasons.

- Bring more water than you think you'll need, every time – even for flat, cooler-weather hikes. Pre-hydrate before you head out, starting the night before. Drink throughout the day and always over-prepare. When you've finished half of your water supply, it's time to turn around – no matter where you are on the trail.
- Be prepared. Before you hike, check and download any trail maps or guides you might need, or check out our resources at AZStateParks.com. Take a GPS with you, and make sure your phone is fully charged. If you're hiking alone, let someone know where you're going and about how long you'll be gone. Rangers at our parks will be available to help you pick the trail that's right for you and make sure you have the right supplies.
- Pick the right trail. If you plan to hike in the heat, head out early or later in the day when the sun is lower. Find trails with shade and avoid steep inclines. This is not the time to tackle your bucket list hike in the middle of the afternoon.
- Bring sun protection, like a hat, sunglasses, and sunscreen – even on cloudy days. Consider wearing long, lightweight sleeves to protect you from the sun and help keep your body cool.
- Did we mention water? Don't get caught without enough to keep you hydrated throughout your hike – you need water for the return trip, too. Bring salty snacks or electrolyte tablets to help stay alert, too. Bananas, granola, and peanut butter are all great options.

Arizona's high temperatures don't mean you have to give up outdoor recreation - just plan ahead, pre-hydrate, and prepare for your adventure. Check out parks in the northern part of the state for cooler summer temperatures, pack plenty (and then a little more) water, and check with rangers to be sure you're on the right path. *Visit AZStateParks.com/summer-heat-safety-tips for more information.*

IN THE KITCHEN
WITH MARSHA

MARSHADORRIS

MARGARITA BARS

Ingredients—

CRUST:

- 2 cups crushed mini pretzels (I put them in a food processor)
- ½ cup unsalted butter, melted
- 3 Tablespoons granulated sugar
- FILLING:
- 4 large eggs
- 2 cups granulated sugar
- 2/3 cup all-purpose flour
- 1 Tablespoon finely grated lime zest
- ½ cup fresh lime juice
- 3 Tablespoons of Tequila

TOPPING:

- Confectioners' sugar and lime slices (optional)

Directions:

CRUST:

Preheat oven to 350 degrees. Line a 9"x9" baking dish with parchment paper. In a large bowl, mix together the pretzels, ½ cup of unsalted melted butter and 3 tablespoons of sugar. Press into bottom of prepared baking dish. Bake crust until fragrant and slightly darkened, about 10 minutes. Transfer to wire rack and let cool.

FILLING:

In a large bowl, using an electric mixer on medium speed, beat eggs and granulated sugar until smooth. Add flour, lime zest, lime juice and tequila and beat to combine. Pour over crust. Bake until filling is set, about 35 minutes. Let cool, then slice into squares and dust with confectioners' sugar. Top each square with a quarter of a lime slice.

Store any leftovers in an airtight container in the refrigerator for around one week.

Compliments of Delish Test Kitchen

Any questions or comments please contact Marsha at Marsha.Dorris.Realtor@gmail.com

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